



FRENCHTOWN CENTER FOR ACTIVE ADULTS

2786 VIVIAN ROAD
MONROE, MI 48162
Phone: 734-243-6210
CENTER HOURS:
Monday through Friday
8:30 a.m. - 4:00 p.m.

JULY 2024



In This Issue:

Board of Directors / Staff	2
July Activities	3
July Lunch Menu	4
Director's Corner	5
Al Miller/Centenary	6
Watermelon/Health Benefits	7 & 15
New Members	8
Donations	8
Rest In Peace	8
Thank You's	8
Brain Aerobics	8
Birthday Wishes	8
Book Club	9
Library in Motion	9
Tuesday Fun Meal	9
In The Know	9
Movie Monday	9
9 Ball Pool Tournament	10
Bocce Ball	10
Luau/Pig Roast	11
Stay Cool	12
Car Show	13
Senior Millage Information Sheet	14
Watermelon/Health Benefits	7 & 15
Little Humor	16
Travel Adventures	17-19
At A Glance	20

HAVE A Perfect Picnic

- ✓ Don't catch your house on fire by grilling too close.
- ✓ Don't leave perishable food in the sun.
- ✓ Keep pets away from grills.



These statements may seem like common sense to most, however, here are a few statistics that show different.

- * 73% of injuries occur in the weeks before and following the 4th of July
- * Over 22,000 patients per year go to the emergency room because of an injury involving grills.
- * More than 10,000 fireworks injuries happen each year
- * More pets go missing on the 4th of July

FIREWORKS SAFETY TIPS

ALWAYS USE FIREWORKS OUTDOORS
KIDS SHOULD NEVER PLAY WITH FIREWORKS
NEVER TRY TO RE-LIGHT FIREWORKS
HAVE A BUCKET OF WATER CLOSE, IN CASE OF A FIRE
LIGHT FIREWORKS ONE AT A TIME, THEN MOVE BACK SLOWLY
ADULT SUPERVISION IS A MUST



4th of July Mocktail

INGREDIENTS

- Fresh mint leaves
- Simple syrup
- Fresh lemon juice
- Honey
- Club soda or Seltzer water
- Fresh blueberries
- Fresh strawberries



For complete recipe, visit: <https://jamjarkitchen.com/2021/06/21/4th-of-july->



FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210

e-mail: seniors@frenchtownsenior.com

Website: www.frenchtownsenior.com

2024 BOARD OF DIRECTORS

Darla Myers—Chairman
Jon Moore—Vice Chairman
Dianne Beaudrie—Treasurer
Mary Ann Mack—Secretary
Charles Mushung—Member at Large
John Bocks
Jean Guyor
Thomas Peckham
Lance Slatton
James Smith
Alan VanWashenova—Frenchtown Charter Township Liaison

Board of Directors meet on the 3rd Thursday each month at 10:00 a.m.

Center hours: 8:30 a.m. – 4:00 p.m. Monday/Friday

Adult Day Service: Monday – Friday 8:00 a.m. – 4:00 p.m. Can be open from 6:00 a.m.—6:00 p.m. with 24 hour notice.

Dues \$20.00 per year if you live in the county and \$25.00 if you live out of the county, are due in January. Lifetime membership \$200.00

Meals at 12:00 Noon - Monday – Friday. For reservations, please call the day before by 1:00 P.M.. Call Kitchen at 734-636-9477

FRENCHTOWN CENTER PERSONNEL/PHONE EXT

Paul Iacoangeli—Executive Director/ Ext 9
Kathleen McBee—Accountant/ Ext 5
Lisa Ghigliazza—Program Coordinator Ext 3
Christine Pidruzny—Office Manager / Ext 4
Patricia Smith—Administrative Assistant / Ext 8

Kitchen Staff

Kim Maracle—Head Cook/ Ext 6
Paula DeHart—Assistant Cook
Rita Stout-Andrews—Kitchen Aid

Adult Day Service Staff

Jean Siemik—Program Director/ Ext 7
Pam Handegan—Adult Day Staff
Doreen Sager—Adult Day Staff
Ayessa Pidruzny—Adult Day Staff
Kristen Reed—Adult Day Clerical

Activities & Services for Monroe County Older Adults at Frenchtown Center for Active Adults

Balance & Stability
Bingo
Bocce Ball
Book Club
Brain Aerobics
Bridge
Bunco
Caregivers Support Group
Card Making Classes
Cardio Drumming
Chair Yoga
Chicks with Sticks
Dominoes Mexican Train
Eight Ball Pool League
Enhanced Exercise
Euchre
Fundraising
Fun Fit Party Exercise
Geri-Fit
Health Screening
Informational Series
Knitting & Crocheting
Left Center Right
Legal Services
Mahjong



Men's Pool League
Movie Mondays
Newsletter
Nine Ball Pool League
Noon Lunches
Notary Services
Open Pool
Painting Programs
Pickle Ball
Ping Pong
Progressive Bridge
Pub Trivia
Quilting
Rock Painting
Rummage Sales
Seasonal Tax Services
Sewing Group
Tuesday Fun Night
(2nd Tuesday)
Thursday Breakfast
Travel
Walk-Fit
Watercolor Class
Workshops



Commission on Aging Disclaimer Statement

Views & comments expressed in this newsletter are not necessarily the views & comments of the Monroe County Commission on aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars.

The Frenchtown Center for Active Adults program will not discriminate against any individual or group because of race, sex, religion, national origin, color, marital status, handicap, or political beliefs.

This institution is an equal opportunity provider.



Mon	Tue	Wed	Thu	Fri
 July 2024 July 13—Car Show and July 31—Luau/Beach Party Pig Roast				
1 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 MOVIE MONDAY (Tin Man)	2 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	3 9:00 Pickle Ball 9:00 Fun Fit Party w/Cheryl 9:30 Euchre 10:00 Dominoes Mexican Train 10:00 Chair Yoga 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends	4 CENTER CLOSED 	5 9:00 Pickle Ball 9:00 Mahjong 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W/CHERYL ON FRIDAYS FOR SUMMER
8 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 Brain Aerobics 1:00 Caregiver Mtg	9 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie 4:30 Fun Night (Meal & Entertainment)	10 9:00 Fun Fit Party w/Cheryl 9:00 Nine Ball Tournament 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Library In Motion 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	11 8:00 Cardio Drumming 9:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 9:00 Ping Pong 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:00 Quilter's Guild 1:00 LCR 1:00 Enhanced Exer w/Jackie	12 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W/CHERYL ON FRIDAYS FOR SUMMER
15 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 Sewing Group	16 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 WALK-FIT 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	17 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:00 Dominoes Mexican Train 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 W.W.W.W group 1:00 Happy Hookers	18 8:00 Cardio Drumming 8:30 Breakfast 9:00 Cardio Drumming 9:00 Ping Pong 9:00 Bridge 10:00 Board Meeting 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 Card Making Class 1:00 LCR 1:00 Enhanced Exerc w/Jackie	19 9:00 Mahjong 9:00 Pickle Ball 10:00 Book Club (Custer's Cavalier) 10:00 Walk Fit 12:15 Watercolor Class 1:00 \$5.00 Bingo NO FUN FIT W/CHERYL ON FRIDAYS FOR SUMMER
22 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 1:00 Brain Aerobics 1:00 Caregiver Mtg	23 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit NO 10:00 Geri-Fit 11:00 Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	24 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	25 8:00 Cardio Drumming 8:30 Breakfast 9:00 Massage Therapy 9:00 Ping Pong 9:00 Cardio Drumming 9:00 Bridge 10:00 Geri-Fit 11:00 Advanced Geri-Fit 1:00 LCR 1:00 Enhanced Exer w/Jackie	26 9:00 Pickle Ball 10:00 Walk Fit 12:15 Watercolor Class 1:00 Bingo NO FUN FIT W/CHERYL ON FRIDAYS FOR SUMMER
29 9:00 Fun Fit Party w/ Cheryl 9:00 Quilting 10:00 Bocce Ball 10:00 Chair Yoga 10:00 Chicks w/Sticks 11:00 Balance & Stability 12:00 In The Know (Elder Law & Advocacy Center) 1:00 Pub Trivia	30 8:00 Cardio Drumming 9:00 Cardio Drumming 9:00 Bridge 10:00 Walk Fit 10:00 Geri-Fit 11:00 Advanced Geri-Fit 12:30 Color Social 1:00 Bunco 1:00 Enhanced Exercise w/Jackie	31 LAUA/BEACH PARTY PIG ROAST—Members Only 9:00 Fun Fit Party w/Cheryl 9:00 Pickle Ball 9:30 Euchre 10:00 Chair Yoga 10:30 Rock of Ages 11:00 Balance & Stability 12:30 Paint w/Friends 1:00 Happy Hookers	 	



**** The Direct Line to place a lunch order is 734-636-9477 ****

Due to the high volume of **CALL-IN LUNCH ORDERS**, we are **UNABLE TO RETURN CALLS**. If you placed an order via phone, the best way to check is to stop by and review the sign up sheets. We appreciate all the response to our lunches and apologize for the inconvenience.

Mon

Tue

Wed

Thu

Fri

When calling 734-636-9477 to place your lunch order, **PLEASE** place an order for **ONE day only**. **Lunch can only be ordered for one day via telephone**. When you come for your lunch, either dine-in or carry-out, you may sign the sheet in the kitchen for any other days you wish to have lunch.

July 24, 2024				
1 Hamburger Stroganoff w/peas	2 1/2 Ham Sandwich w/ Side	3 Fresh Fruit Platter w/Cottage Cheese	4 CENTER- CLOSED 	5 Chili Dogs w/ Chips
8 Scoop of Chicken Salad w/Fresh Fruit	9 Greek Salad	10 Cheeseburger w/ Chips	11 Strawberry Spinach Salad	12 Chicken Quesadilla
15 BBQ Chicken w/ Baked Beans & Coleslaw	16 Egg Salad w/ Fresh Fruit	17 Italian Sub w/Side	18 Loaded Potato w/ Side Salad	19 Sloppy Joe w/Side
22 Tostada	23 Bratwurst w/ Peppers & Onions	24 <i>Betty Salad</i>	25 Chicken Fajita's	26 K-Mart Sub w/ Chips
29 Chef Salad	30 Loaded Nacho's	31 No Lunch LAUA/BEACH PARTY PIG ROAST—Members Only (see pg. 11)		



**Breakfast Menu—Promptly
Served 8:30 A.M.**

PLEASE—NO WALK-INS.

**Call or sign-up by 1:00 P.M. on the
Wednesday before.**

July 4th—Center Closed

July 11th—Pancakes



July 18—Breakfast Sandwich

July 25—Eggs, Sausage, Hashbrowns &
Toast



Please call 734-636-9477 by 1:00 p.m. the day before to order lunch.

Carry out available for pick-up @ 11:30a.m.

Dining in available Monday—Friday 12:00 Noon

Please Call by 1:00 p.m. Friday for the following Monday

Dine in and Carry Out lunches for those members 60 and better will pay \$3.00.

Members less than 60 will pay \$4.00 to help offset the raising cost of foam containers.

\$5.00 for non members regardless of age. **Additional meals over the first are available for \$5.00 each.**





I have to say June has been a roller coaster of temperatures, hasn't it? We go from a 48-degree low one day to a high of 91 degrees two days later. Heck, I thought I didn't have to worry about a high natural gas bill until next November. I still have to admit that the string of 70-degree sunny days made up for those few body-shocking days. Those days make me glad I am a Michigander, or is it Michigainin? Fun fact: Did you know then that Representative Abraham Lincoln coined the term Michigander? It seems that in the mid-19th century, "goose" was an insult, the equivalent of a ninny. Lincoln referred to senator and presidential candidate Lewis Cass as "the great Michigander" in 1848.

If you haven't already, I highly recommend watching the YouTube video about the Adult Day Service program. Our very own Lance A. Slatton of All Home Care Matters and a dedicated board member, was the host. Lance spent the day conducting interviews and showing the various activities that stimulate the program participants titled "A Day at the Frenchtown Adult Center in Monroe, Michigan." His passion and commitment shine through in the video. Go to <https://tinyurl.com/5a4jta86>. It's 30 minutes well spent. If nothing else, pass the information to a friend or family member.

As a reminder, we are hosting a car show on Saturday, July 13th, to benefit the Day Care Service program. All new and old cars/trucks are welcome. Registration per vehicle is \$10.00 and starts at 10:00. The show will run from 11:00 to 3:00 with food and entertainment. The band cruise control will be out in the pavilion. We hope to have Patsy Cline, Elvis, and Roy Orbison impersonators. Crafters are welcome. Space is available outside, or we can provide an 8' table and chairs for inside. The cost is a mere \$25.00, and since this is a fundraiser for the Adult Day Service program, a donated craft item for a raffle or something would be greatly appreciated.

Now that school is out, there is a strong possibility that a few grandparents will be taking care of their grandchildren. I sincerely appreciate grandparents caring for their grandchildren; if it hadn't been for my folks watching my nephew Jason, I wouldn't know who He-Man, Skeletor, or Castle Grayskull were. Who remembers Statler and Waldorf, the two disagreeable old men heckling the other Muppets characters from their balcony seats on the unforgettable Muppet show. My stepfather, Charlie, used to laugh so hard at those two characters that Jason and I laughed harder because of Pa. All the while, Dru, my mom, would be sitting on the couch shaking her head. Another good reason for the folks watching their grandchildren is that it keeps you young.

While we are sympathetic to the caring and nurturing the grandparents provide and welcome occasional visits from our future members, we have a few rules that we hope you will respect. Remember that some of our members live in multigenerational homes and use the Center to socialize in a quiet setting with their friends. Some of our meals may not be appetizing to the more picky eaters. If you are getting a dine-in lunch and stopping and grabbing a happy meal for your guest, we will make an exception, but please do not share. Since falls among older adults are the leading cause of injury and death, your guest is not allowed to wander unattended. And please, the organ and piano are instruments, not toys, and should be treated as such. In other words, if your guest doesn't play one of these instruments, don't let them play with the instrument.

Because we are doing more exercise programs and summertime is here, temperatures will be an issue. The building doesn't have individual zones, so it is necessary to consider everyone who uses the facility. At the same time, we will do our best to make accommodations. Keep in mind the signs of heat exhaustion if you are exercising. Stay hydrated and rest if needed.

Last but not least, Paula has been handed several recipes over the past few months, and the thought is to have a guest baker possibly once a month. If interested, drop your dessert recipe with your name and phone number in the box at the front desk, and we will see what happens.

Have a Happy 4th of July.



The Frenchtown Center was honored to celebrate the Centenary Birthday of Mr. Al Miller, along with the pool league members. Al turned 100 on May 21st.



Right at Home®
In Home Care & Assistance
Companionship Care and Homemaking
Physical Assistance • Hygiene, Wellness • Respite Care
Health & Medication Reminders
Alzheimer's & Dementia Care Services
Non-Medical Home Care
734-240-4974
Approved Veteran Homecare Provider Honoring the Veterans We Serve

Your Community Pride Bus
734.242.6766 **Call for your ride today!**
lakeerietransit.com
FOLLOW US!

visionary eyecare of monroe Kylee Kleppinger, O.D.
Tia Tucker, O.D.
1218 S. Telegraph Rd. • Monroe, MI 48161
(734) 243-0370
Accepting new patients

SIEB
Plumbing • Heating
Air Conditioning
734-241-8898

Allore Chapel - (734) 241-5225
Celebrate the life & Cherish the memories.

THE Martenson
FAMILY OF FUNERAL HOMES, INC.
• Maybee • Trenton
• Rockwood • Monroe
martenson.com

Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with
AD CREATOR STUDIO

lpicomunities.com/adcreator

Monroe County's Preferred Choice
Merkle Funeral Service
Now In Partnership with
Covenant Cremation

MERKLE
FUNERAL SERVICE & FLORAL EXPRESSIONS
COVENANT CREMATION - OUR ON-SITE CREMATORY
With Our On-Site Crematory
Your Loved One Never Leaves Our Care
 merklefs,inc merklefs.com 734-384-5185

The Health Benefits of Watermelon Written by Stephanie Booth



Loaded With Lycopene: The cheery red color comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and diabetes as part of a healthy lifestyle. Watermelon has more of this nutrient than any other fruit or veggie -- even tomatoes. To load up on lycopene, choose a melon with bright red flesh rather than yellow or orange. And the riper, the better. Also, seedless melon tends to have more lycopene than those with seeds.

Sun Benefit: Some pigments help protect plants from the sun. Oddly enough, just eating them may shield your skin, too -- at least a little. The lycopene in watermelon may make it less likely that you get sunburned. But that's not for sure, so keep using your broad-spectrum sunscreen with SPF of 30 or higher every day.

Healthier Heart: Watermelon is rich in an amino acid called citrulline that may help move blood through your body and can lower your blood pressure. Your heart also enjoys the perks of all the lycopene watermelon contains. Studies show that it may lower your risk of heart attacks. Of course, your whole lifestyle affects your heart health. So make sure you also work out, don't smoke, limit saturated fat, and keep up with your doctor's advice.

Protects Your Joints: Watermelon has a natural pigment called beta-cryptoxanthin that may protect your joints from inflammation. Some studies show that over time, it could make you less likely to get rheumatoid arthritis.

Easy on Your Eyes: Just one medium slice of watermelon gives you contains 9-11% of the vitamin A you need each day. This nutrient is one of the keys to keeping your eyes healthy. Foods are the best ways to get all the vitamins and minerals that your body needs.

Continued on page 15

Mullins Elder Law PLLC



Call Tina M. Mullins, Atty
Downtown Monroe

Medicaid / Eligibility / Planning / Application,
Wills and Trust, Guardianship and Conservatorship
(734) 244-5457

Helping Families of all Ages, Preserve Dignity and Wealth

BACARELLA FUNERAL HOME

William A. Bacarella — Owner | Jeffrey C. Rupp — Funeral Director
Deanna M. Maurice — Funeral Director

1201 South Telegraph Rd., Monroe, MI • 734-241-4600
www.bacarellafuneralhome.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407



Butterfly Cremation Garden

Featuring a beautiful new selection of benches, boulders,
and memorial tablets for cremation remembrance.

Roselawn
MEMORIAL PARK

13200 S. Dixie Hwy., LaSalle, MI 48145
734-242-2475



Seacrest Rehab & Nursing

1215 N Telegraph Rd
734-242-4848

www.seacresthc.com

Please call and speak to our Admissions Department.



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0719

Welcome New Members

Daniel J Didario	Ronald V Lambert	Robert Origel
Bethann M Didario	Linda S Lasley	Leah K. Osborne
Donna J Evans	Brian K Lasley	Pam Ray
Kaija Fry	Howard T. LeCompte	Barbara E Runyon
Richard Fry	Kathleen A. LeCompte	James A Runyon
Joan M. Greer	Ralph P Lieto	Una D. Shepherd
Deborah A. Guyor	Marvin E. McKibben	Francis T Wszelaki
Ray Hamilton	Vicki L. Mikolajczyk	Lisa G Wszelaki
Ruth A Keller		



May they rest in peace

Stanley R Opfermann

Sandra J Smith



Janice Brunswick—donation to Adult Day Services Program

Ellen L. Brockway—for all her hard work for Senior Prom preparation with Lisa A Ghigliazza

ALL Senior Prom Volunteers,
THANK YOU so much!!!

A BIG THANK YOU to the members who came to our first Brain Aerobics Class.



I was so amazed and happy to have such a great turn-out and truly enjoyed all the fun we had. Spread the word and let's have more fun.



Debra Almas
Rita Andrews
Nancy Jane Babcock
Victoria Badalamenti
Carol Baumgartner
Dianne Beaudrie
Martha Beaudry
Donna Bender
Ronald Benore
Arthur Bomia III
Marjorie Brinkmeier
Robert Brockway
Ricky Brown
Helen Burger
Margot Burger
Ruby Cadd
Veronica Carlson
Paulene Carr
Suzanne Chinavare
Donna Chrobak
Bonnie Clukey
Deborah Coon
Rose Debellefeuille

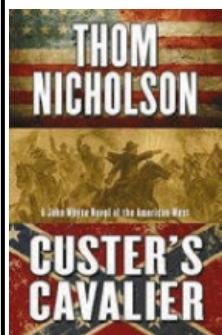
Mary Dobberstein
Helen Dowler
Donna Dozier
Larry Dykstra
Donna Easterling
Barbara Echols
Marcia ElAsfahani
Rosita Elders
Debbie Elliott
William Etchill
Barb Farley
Karen Flint
Kevin Ford
Charlotte Frary
Linda Freiny
Pamela Gilbert
Zane Gilbert
Lynne Goldsmith
Dee Goudos
Robert Groulx
Marjorie Gunther
Reneé Hamilton
Walter Hancock Jr.

Kaye Horsfall
Pamela Hyden
Cynthia Jackson
Thomas Jay
Michael Kidwell
Gayle Kush
Diane Lampe
Eric Langdon
Mary Lanham
Barbara Liedel
John Lieto
Eileen Love
Jason Lynch
Marilyn Marshall
Brenda McCormick
Belinda McGuire
Donna Melvin
Jill Moore
Milfred Newsome
Jan Sue Noel
John Oerther
Serena Oliphant
Pat Orr

Renee Osment
Pete Penkin
H. Lyn Peraino
James A. Runyon
Patsy Ryan
Holly Sisung
Denise Sisung
Bill Sisung
Debbie Staley
Pamela Starll
Novalynn Stremmell
Janet Stump
Deanna Terrasi
Willow Thacker
John Thoma
Edna Trainor-Lancour
Becky Vincent
Augie Wenzel
Dwight Werner
Ronald Williams
Judy Wotring
Lisa G Wszelaki
Shelly Yoas
Louise Zack

Choose your July Birthday Lunch from this months menu items (Page 4)





July Book Club Friday, July 19, 10:00am **Custer's Cavalier**

John Whyte, disgraced son of an English Lord, has quit the British Army and come to America to join the Union cause. He is assigned to command of the 5th Michigan

Cavalry under his former assistant, now Brigadier General George Custer. Whyte follows the dashing Custer into battle against the Confederate cavalry of JEB Stuart at Gettysburg, into the 1864 Valley Campaign, and is captured at the Battle of Cedar Creek. Incarcerated in the infamous Libby Prison in Richmond, VA, Whyte is under a death sentence for his actions in breaking the Rose Greenhow spy ring. If Custer's Cavalier is to survive the ordeal, it will take all his courage and cunning.



In The Know
Friday, July 29, 2024
12:00 p.m.

Elder Law & Advocacy Center

Topics to be Covered:

- ◆ Financial Exploitation
- ◆ Elder Abuse
- ◆ Questions will be taken during the presentation.



ELAC is funded by Detroit Area Agency on Aging, Area Agency on Aging 1-B, The Senior Alliance and Canton Community Block Grant Funds.



Join Us for Movie Monday July 1st, at 1:00pm **Tin Men**

Tin Men is a 1987 American comedy film written and directed by Barry Levinson, produced by Mark Johnson, and starring Richard Dreyfuss, Danny DeVito, and Barbara Hershey. One step short of larceny, the aluminum siding salesmen in this movie sell their wares, compete with each other, and engage in a lot of witty dialog. Tin Men focuses on the rivalry between BB Babowsky and Ernest Tilley. At the same time, the end of their small world, of which they are kings, looms near as a government probe investigates their industry.



FRENCHTOWN CENTER

Library in Motion will return

Wednesday, July 17, 2024

Please have returns ready by 10:00 a.m.



PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us

TUESDAY FUN NIGHT Meal & Entertainment

Tuesday July 9, 2024

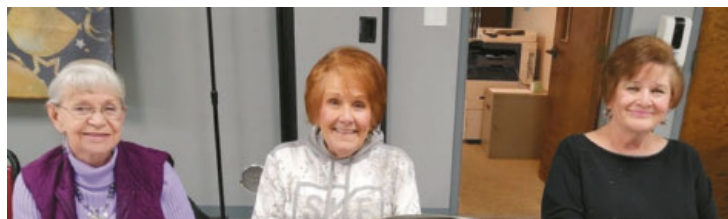
4:30 p.m.—6:30 p.m.

Come Join Us for Some Food and Fun!!!

Members ONLY \$1.00

NON-MEMBERS \$3.00

50/50 Raffle





2786 Vivian Road
Monroe, MI 48161
724-243-6210

9 Ball Pool Tournament Wednesday July 10, 2024



9:00 a.m. Registration Deadline

9:30 a.m. Start

Race to 3 Double Elimination

Ball in Hand

Please Register ASAP—

32 Player Cut-Off

\$5.00 Entry Fee

Must be at Least 50 Years of Age

50/50 Drawing

Lunch (Must reserve your lunch by July 8th):

Hamburger w/Sides

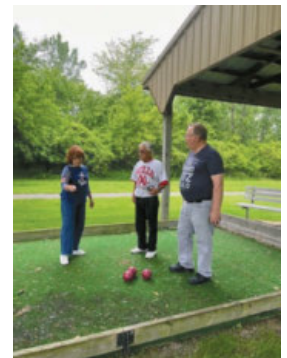
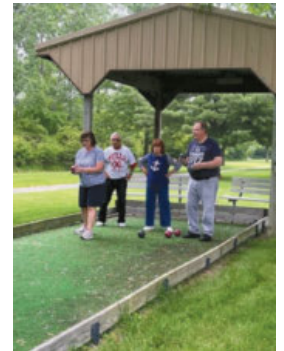
\$3.00 Members

\$5.00 Non-Members

Please register and submit your payment at the
Front Desk w/Pat Smith



Join the FUN on Mondays Bocce Ball 10:00 a.m.



THRIVE
LOCALLY

GROULX

BUICK • GMC



15435 S Dixie Hwy | Monroe
groulxgmc.com | 734-241-3704

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0719



Members Luau/Beach Party and Pig Roast

Wednesday, July 31, 2024

NOON

Join us for a fun afternoon filled with food, games, and entertainment!



We provide the Pig, you provide the sides and desserts.

Please sign your name and what dish you will be bringing on the sheet at the front desk.

******NO lunches served this day******



Entertainment by the awesome Mary Ouelette



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**

7 Ways to Help Seniors Stay Cool This Summer

It's hot out!

That's no secret this time of year, especially in Florida, but it bears extra repeating if you are a senior or if you are caring for a senior. Those over age 65 are more prone to heat-related problems, according to the Centers for Disease Control and Prevention. Here's why:

- Older people more frequently have chronic health conditions that affect the body's response to heat.
- Prescription medicines could affect body temperature or the ability to sweat (which is one way the body cools itself down).

It's harder for those who are older to adjust to temperature changes.

Here are some tips to help seniors better manage the heat and to help avoid problems such as heat exhaustion or heat stroke.

- 1. Keep your house cool.** Use your air conditioning to keep down the temperature or if that's not possible, use fans. Other ways to keep your house cooler include limiting your use of the oven, keeping your shades and curtains closed in the middle of the day, and opening your windows at night, according to the National Institute on Aging. If staying cool in your home is still a struggle, contact your local Department of Health for help or ideas on other places where you can stay cool.



- 2. Stay hydrated.** Water and fruit or vegetable juices are the best choices to help keep you hydrated. Alcohol and caffeine don't have the same effect. Sip water throughout the day instead of just waiting until you are thirsty, the CDC advises. However, it's also important to check with your doctor about any limitations on liquids due to medications you might use.



- 3. Use a shower, bath, or sponge to help cool down.**
- 4. If you exercise outside, limit it to earlier or later in the day versus at the hottest parts of the day.**
- 5. Wear lightweight, light-colored cotton clothing.**
- 6. If you are in a setting where you must wear a face mask, have an extra one available.** That way, you can swap it out if one gets sweaty. Also, if the mask makes you feel hotter, find a time when you can take a break from wearing it.
- 7. Know the symptoms of a heat-related illness.** These can include a headache, muscle cramps, nausea, or vomiting. Contact a doctor if you or someone you care for has these symptoms. There are different ways that the heat could make a person feel ill, including:
 - Heat syncope, which is when you feel dizzy in the heat.
 - Heat cramps, which is when the muscles tighten up due to the heat.
 - Heat edema, or swelling of the legs and feet due to heat.
 - Heat exhaustion, referring to when the body can no longer keep itself cool.
 - Heatstroke, which is a medical emergency. Symptoms include fainting, a change in behavior, a body temperature of 104 F, and dry skin. Those who are dehydrated and who have chronic diseases are at a higher risk for heatstroke.

SOURCE: <https://secureaging.com/7-ways-to-help-seniors-stay-cool-this->

Frenchtown Center for Active Adults

THANKS TO OUR FRIENDS AT THE BAKER BARN IN CARLETON, MI

THANKS TO OUR FRIENDS AT THE BAKER BARN IN CARLETON, MI

Rain or
Shine

CAR SHOW

Rain or
Shine

Saturday, July 13, 2024

11:00 AM—3:00 PM



FOOD

Great Food will be available

FUN

For the whole family
FREE
Entertainment & Activities

**ATTENTION
CRAFTERS**

Indoor Space
Available
Call
734-243-6210
For information

**Humane Society
Pet Adoption
Frenchtown Fire &
Sheriff Department
National Street
Rod Association
Informational Booth's**

Live Music
By
Cruise Control

2786 Vivian Rd

Monroe, Michigan 48162

Proceeds to Benefit the Adult Day Service Program



Monroe County Senior Millage

SUPPORT SENIORS: August 6, 2024

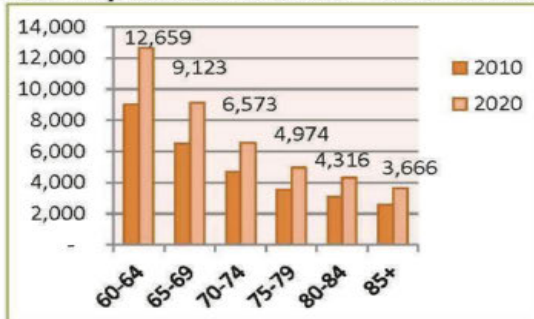
Vote



SENIOR MILLAGE REQUEST / NEED

- The 2024 senior millage proposal is a **renewal** of the current millage which is up to .75 mills.
- The request does, however, increase the length of time of the request from four to ten years. This change will offer funding **stability** for the agencies providing vital services for older adults in Monroe County.
- The older population is growing, and this growth is not stopping. In 1980, one out of 9 Americans were age 60 and over. In 2024, seniors comprise nearly one out of every 4 Americans. The millage renewal will ensure that the increasing needs can be met.

Older Population Growth – 2010 to 2020



NUMBER OF SERVICES PROVIDED IN 2023:

- ✓ 8,509 older adults were provided services in 2023 – the majority of whom were 75 years of age and older.
- ✓ 232,785 meals were served to 13,794 people – both home delivered and at the congregate meal sites.
- ✓ 433,755 pounds of food were provided to 1,643 people.
- ✓ 2,103 individuals received 22,310 hours of in-home services that help keep them independent and safe.
- ✓ 1,114 people received 29,884 rides to meet their needs.
- ✓ 5,122 older adults spent 194,462 hours at the eight senior centers funded through the millage – providing meals and helping older adults to remain connected, involved, and supported.
- ✓ 997 older adults received legal assistance.

WHAT HAS THE SENIOR MILLAGE DONE?

The Monroe County Senior Millage has funded senior services since 1980. Currently, 17 non-profit agencies that provide services to individuals who live in Monroe County who are 60 years of age or older are supported by the Monroe County Senior Millage.

These services help to meet the basic needs of older adults – food, shelter, home care, legal services, transportation, community involvement, and socialization.

AGENCIES CURRENTLY BEING FUNDED:

- Ash Senior Citizens
- Bedford Senior Community Center
- Berlin Township Seniors
- Choices Counseling Solutions
- Dundee Area Senior Citizens Center
- Frenchtown Center for Active Adults
 - Adult Day Care
- Health Van
- Lake Erie Transit
- Living Independence for Everyone
- MemoryLane Care Services
- Milan Seniors for Healthy Living
- Monroe Center for Healthy Aging
- Monroe County Opportunity Program
 - Food Assistance
 - Home Care
 - Home Chore
 - Home Injury Control
 - The Opportunity Center at ALCC
 - Senior Advocacy
 - Specialized Transportation
 - Unmet Emergency Needs
 - Utility Assistance
 - Volunteer Caregiver Program
- Monroe County Senior Legal Services
- Monroe Family YMCA – Enhanced Fitness
- RSVP of Monroe County
- United Way of Monroe/Lenawee Counties
 - Barrier Free Access Ramp Program

THE AUGUST 6, 2024 BALLOT PROPOSAL:

“Shall the Monroe County Senior Citizen Millage be levied upon the taxable real and tangible personal property within the County of Monroe, Michigan at a rate of up to .75 mill per \$1,000 of taxable value for a period of ten (10) years, commencing in 2025 and continuing through 2034, for the sole and exclusive purpose of providing funds for senior citizen services to the residents (60 years of age and older) of Monroe County? The estimated revenue for the first year of the renewal (based on 2023 taxable property values) is \$5,305,541.”



The Health Benefits of Watermelon Written by Stephanie Booth *continued from page 7*

Naturally Sweet Hydration: Juicy watermelon is 92% water, so it's a simple way to help stay hydrated. Every cell in your body needs water. Even a small shortage can make you feel sluggish. If you get really dehydrated, it can become serious enough that you need to get fluids by IV.

Satisfies Your Sweet Tooth: A cup of ice cream will set you back around 300 calories. You can enjoy the same amount of watermelon for just 45.6 calories. And unlike many other desserts, it's fat-free, cholesterol free, and has no sodium. Plus, the water in it will help you stay fuller longer.

Boosts Your Workout: Watermelon's high water content, antioxidants, and amino acids may make for a better workout. It's also high in potassium, a mineral that could cut down on cramps at the gym. You can sip watermelon juice after you sweat, too.

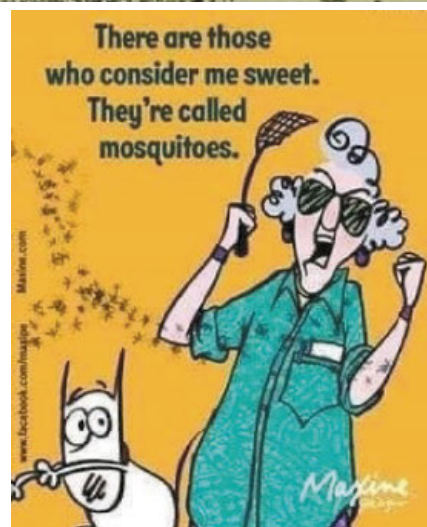
Won't Spike Your Blood Sugar: Trying to keep your blood glucose levels steady? You're in luck. Watermelon has a glycemic index (GI) value of 80, about the same as a bowl of cornflakes. But it's got few carbs. That means its glycemic load is a mere 5. Enjoy a slice without guilt!

Easy to Digest: If you have a digestive condition like Crohn's or colitis, the list of what not to eat during a flare can be long. You can put watermelon on your "yes" list. Its soft, fleshy fruit is easy for even an inflamed gut to digest. (Just don't eat the rind or the seeds if you need to limit fiber.)

Choose a Good One: Pick a melon that's free of dents, nicks, and bruises. Look for a yellow, not white, spot on the bottom. This signals that it's ripe. A juicy, ready-to-eat watermelon will feel heavy for its size. When you thump it, it should sound hollow.

For complete article, visit—<https://www.webmd.com/diet/ss/slideshow-health-benefits-of-watermelon>

A Little Humor



SMOKY MOUNTAINS

Pigeon Forge & Gatlinburg, Tennessee

Horizin' Around IN LEXINGTON, KY

Yopperland, USA

Featuring: Newsnow Pennies & Pictured Rocks National Lakeshore

Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html or to make your reservations, please stop by the Center,

Monday—Thursday 8:30 a.m.—4:00 p.m. and Friday 8:30 a.m.—Noon.

If you have any concerns or questions, please feel free to call and speak with Lisa, Program Coordinator.

All payments must be made with a check or money order at the Center.

Call 734-243-6217

HAUNTED HAPPENINGS

A SPOOKY TRIP TO NORTHEAST OHIO



Nite Lites at MIS

Michigan International Speedway

MICHIGAN
INTERNATIONAL SPEEDWAY

Frenchtown Voyagers Travel Meeting

Tuesday, August 20, 2024 at 1:00pm

You can find the latest travel information on our website, www.frenchtownsenior.com, our Facebook page, and in the newsletter.

******* If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manager, Christine Pidruzny. *******

We cannot accept cash for trips. Checks or money orders only.

- ◆ **Saugatuck, MI, Aug. 14, 2024 presented by Bianco Tours.** The cost for this day trip is \$163. Please visit our website for full details.
- ◆ **Skybridge & Sunflowers, August 26-27, presented by Bianco Tours.** Single \$600, double \$491, triple \$454. Please visit our website for full details.
- ◆ **Kellogg Manor, Aug. 28, 2024, presented by Bianco Tours.** The cost for this day trip is \$118. Visit the website for full details.
- ◆ **Pioneer Wine Trail, Sept. 12, 2024, presented by Bianco Tours.** This day trip is \$113. Visit the website.
- ◆ **Boston, Sep. 22-27, 2024, presented by Bianco Tours.** Single \$2,164, Double \$1,699, Triple \$1,640. Please visit our website for full details.
- ◆ **Heaven & Hell, Oct. 10, 2024, presented by Bianco Tours.** This day trip is \$98. Please visit our website for full details.
- ◆ **Horsin' Around, Oct. 14-18, 2024, presented by Bianco Tours.** Single \$2,199, double \$1,737, triple \$1,584. Please visit our website for full details.
- ◆ **Smokey Mountains, Oct. 21—24, presented by Bianco Tours.** Single \$1,365, double \$1,063, triple \$963. Please visit our website for full details.
- ◆ **Haunted Happenings, Oct. 25—26, presented by Bianco Tours.** Single \$517, double \$440, triple \$415. Please visit our website for full details.
- ◆ **Parade Company, Nov. 6, presented by Bianco Tours.** The cost for this day trip is \$115. Please visit our website for full details.
- ◆ **Hallmark Christmas, Nov. 15 –16, presented by Bianco Tours.** Single \$586, double \$496, triple \$469. Please visit our website for full details.
- ◆ **New York Holiday, Dec. 3-7, presented by Bianco Tours.** Single \$2,939, double \$2,244, triple \$2,028. Please visit our website for full details.
- ◆ **Nite Lites at MIS, Dec. 11, presented by Bianco Tours.** The cost for this day trip is \$90. Please visit our website for full details.



Frenchtown Center Link

Presorted
Standard
U. S. Postage Paid
Monroe, MI 48162
Permit 557

A Non-Profit Organization
2786 Vivian Road
Monroe, MI 48162
A Monthly Publication
Dated Material, Please don't delay



Commission on Aging



Current Resident

- ◆ **Movie Monday (Tin Man) July 1, 2024 @ 1:00 p.m.**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, July 9, 2024 @ 4:30 p.m.**
- ◆ **9 Ball Pool Tournament—Wednesday, July 10, 2024 (see page 10)**
- ◆ **Car Show, Saturday, July 13, 2024 11:00 a.m.—3:00 p.m. (see page 13 for details)**
- ◆ **Library will be here on Wednesday, July 17, 2024 @ 10:00 a.m.**
- ◆ **Board Meeting—Thursday, July 18, 2024 @ 10:00 a.m.**
- ◆ **NO 10:00 a.m. Geri Fit on Tuesday, July 23, 2024**
- ◆ **In The Know (Elder Law & Advocacy Center), Monday, July 29, 2024 @ 12:00 p.m.**
- ◆ **Pub Trivia will be held on Friday, July 29, 2024 @ 1:00 p.m.**
- ◆ **MEMBER'S Luau/Beach Party/Pig Roast, Wednesday, July 31, 2024 (see page 11 for details)**
- ◆ **No July Travel Meeting—next meeting Tuesday, August 20, 2024 @ 1:00 p.m.**



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING